



# MAN BUNS

And other things that should stay in 2015  
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# Edmonton metro

Your essential daily news | THURSDAY, DECEMBER 17, 2015

THE BIG BANG THEORY  
SHELDON AND AMY'S  
BIG NIGHT  
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# DON'T MOCK THE FROCK

# Family in Beirut still waiting

**SYRIAN REFUGEES**  
**Dalaa family facing their second delay in coming here**

**Alex Boyd**  
Metro | Edmonton

An Edmonton-bound refugee family stuck in Beirut has been prevented from boarding their flight for a second time in a week.

Iwan and Zamzam Dalaa, along with daughters Karima, 3, and Ayat, 15 months, were initially scheduled to fly out of Beirut last week but had their travel documents taken away.

After getting the papers back they were rebooked for a flight on Tuesday.

But they were unable to board the plane again.

"They haven't heard anything yet. So they're just waiting," says Father Glenn McDonald, from the St. Joseph's College group that sponsored the family.

He says he was told today by a contact in Lebanon that it may be an issue with exit visas.

"Canada is enforcing the rules, which makes sense," he says. But he adds he's still had trouble getting answers.

"We don't want an exception, because that would cast doubt on all refugees following the process," he says, "but it would be nice to have an explanation."

NDP MP for Edmonton-Strathcona Linda Duncan has also contacted the federal government to try and figure out what the delay is.

"There are two 'whys' here. Why were they pulled off that flight?" she says.

**“It would be nice to have an explanation.”**  
Father Glenn McDonald

"And the bigger why is why these kinds of issues are happening when (the government has) hundreds of people on the ground and saying they've got everything under control?"

McDonald says that the Dalaa family is upset, but at least are no longer sleeping in the airport and have been able to move to a hotel.

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## IN BRIEF

### Edmonton residents pitch in for refugees

From technology to warm clothing to toys, it takes a lot to build a new life.

Edmontonians are getting creative to make sure refugees are not only ready for life in our city, but are having a little fun, too. Here are three unique drives working to get newcomers set up:

**Computers:** Started by Edmonton man John Grierson, Computers for Refugees is looking for laptops or desktops running Win7 or OS X Snow Leopard or later. Grierson plans to update them before donating to those in need. Since starting on Saturday he's had four machines donated. You can follow his progress on the group's Facebook page.

**Toboggans:** The Mennonite Centre for Newcomers is collecting new and gently used toboggans for their outdoor winter program. Starting this Saturday they're going to be taking newcomer communities sledding to "share the joys of Canadian winter."

**Mittens:** Local knitter Marissa Loewen wants refugees to have a bit of comfort when they arrive. Through her project, "Warm Woolies for Syrian Refugees," she's on a mission to knit 1,500 mitts, scarves and tuques for newcomers. Dozens of people have reached out to help. METRO

# Rural area response times to trail cities

## DOCUMENTS

### Consistent ambulance service needed in Alberta: MLA



**Ryan Tumilty**  
Metro | Edmonton

Rural communities can likely expect longer ambulance response time standards than their urban counterparts, according to documents obtained by Metro.

Metro requested documents earlier this year related to Alberta Health Services' efforts to set response time standards for ambulances and found it has planned four separate levels of response time.

An email, from March this year, stated urban centres should expect ambulance responses within eight minutes, 50 per cent of the time and 12 minutes, 90 per cent of the time. Towns with less than 3,000 people should expect a 10-minute and a 15-minute target.

Rural areas would expect response within 20 minutes half the time and within 40 minutes 90 per cent of the time. Remote areas would expect responses within 40 minutes half the time and 75 minutes 90 per cent of the time.

The email indicates AHS



An ambulance waits outside the Royal Alexandra Hospital in Edmonton on Tuesday.

KEVIN TUONG/FOR METRO

wants a more robust "dashboard" of information to showcase other measures of ambulance response.

For the second day, AHS was not able to respond to Metro's inquiries before press time or indicate why the standard has not been publicly announced.

Wildrose MLA Drew Barnes said he doesn't accept a lower standard for rural communities.

"There can and should be a consistent level of service throughout the province. We are all Albertans. We should expect the same service."

## 75 mins.

According to documents from Alberta Health Services (AHS), residents living in rural areas can expect ambulance response times to be around 75 minutes, 90 per cent of the time. AHS

The documents Metro obtained identify a response time standard would be difficult to meet in rural centres currently.

"The number of resources in the EMS system is not keeping up with demand, resulting in fewer ambulances being available for emergency response in communities," reads one report.

The report goes on to say that inter-facility transfers are taking up a large amount of time for rural ambulance affecting their reliability.

Barnes said that complaint is commonplace in rural communities.

"There are many stories about how ambulance wait times have been delayed."

## EMERGENCY SERVICES

### Minister OK with new AHS standards

Health Minister Sarah Hoffman said she wants ambulance service that is responsive to individual patient needs and is comfortable with proposed standards from Alberta Health Services (AHS).

Metro obtained documents through freedom of information that show AHS plans to roll out a 12-minute, 90 per cent of the time standard for ambulance response in cities, which is slower than previous targets of nine minutes 90 per cent of the time, before it took over the service.

Hoffman said she had questions about the new standard, but believes AHS is focusing on getting the appropriate crews and training.

"It's not just about making sure you're getting an ambulance to your door, it's making sure you have the right ambulance to your door," she said.

AHS has not officially confirmed the new standards that were contained in a March email Metro obtained, but Hoffman said she expects they will be announced soon.

The new standards also include longer response-time targets for rural communities.

Hoffman said she grew up in a rural community, 30 minutes from the nearest hospital, and part of that lifestyle is an understanding ambulances may take longer.

"Living in that community, I knew it wasn't going to be less than nine minutes, just because of the time it would take to go one direction." RYAN TUMILTY/METRO

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# A whole year in the same dress

## STATEMENT PIECE

**...and its owner has called it 'Laverne'**

**Alex Boyd**  
Metro | Edmonton

Elizabeth Withey is an Edmonton journalist, writer and artist. She's been wearing the same dress every day for the last year as part of an experiment she's called *Frock Around the Clock*. We asked her why.

**You said this was an 'exercise in simplification.' Is your life simpler?**

My life is simpler in terms of my wardrobe, absolutely. I literally get up in the morning and put the same thing on everyday. My only concern is whether or not it's clean. It was sad because my marriage ended this year and that part

of my life became far less easy, so I guess maybe it was nice I had the same thing to wear every day, one element of continuity in a year of very little.

**You named your dress Laverne. Has it taken on a life of its own?**

She has, to some extent. I gave her the name jokingly because that was the name of the style. I liked it because it was not a name you hear a lot. And people do refer to her as that, as in 'Can I meet Laverne?' or 'Is this Laverne?'

**How do you keep one dress wearable for a year?**

You have to treat it fairly carefully, though I don't hold back on doing things like walking around or getting sweaty. I don't exercise in it, I don't sleep in it. I wash it by hand and hang it to dry. It's black which helps.

Just two hours ago I spilt some sauce on it, so it smells a bit funny on one side but it

doesn't show much.

**What did you learn?**

No one is paying attention to what you are wearing. Most people don't care. I learned that most women who I spoke to were not weirded out, but rather envious. They appreciate the idea of a uniform in a world where we, as women, are enslaved by this expectation that we look new and fresh all the time. It gave a lot of women I spoke to permission to not worry if they wore the same things two days in a row.

**You're done in two weeks. How will you say goodbye?**

I'm taking her out for dinner on New Year's Eve, just her and I. Very romantic. People at other tables will think that's probably weird that I'm sitting by myself, but maybe I'll explain and make some friends. I might bring some other clothes and change at midnight.



Artist and writer Elizabeth Withey rocking her dress. KEVIN TUONG/FOR METRO

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Thursday, Dec. 17, 2015

Edmonton metro NEWS

# Pre-surgery effort helps smokers quit

HEALTH

**Cessation helps patients heal quicker: U of A-led team**



**Andrea Ross**  
Metro | Edmonton

Researchers from the University of Alberta are making it easier for smokers to quit before undergoing surgery.

Patients who quit before bone and joint surgery, in particular, can heal more quickly and reduce their chance of infection, study co-lead Barry Finegan said.

The new trial partners patients with pharmacists at Safeway pharmacies who can prepare smoking cessation

programs, and help support patients through the process.

"If you consider how you can get tobacco anywhere, it doesn't seem that easy to get cessation assistance," Finegan said.

"This moves the smoking cessation option into the community, and in effect, de-medicalizes it. What we've tried to do here is increase these opportunities and make it easier for the patient to access the system."

Finegan said 55 patients are currently involved in the study at the Edmonton Musculoskeletal Center, and researchers hope to recruit another 120. Around 23 per cent of the centre's patients are smokers, and generally have between six weeks to three months to prepare for surgery.

After the year-long study, researchers will determine whether the treatment model could be used in other clinics.

“

**It doesn't seem that easy to get cessation assistance.**

Barry Finegan

Study participant David Chizen received a knee replacement two weeks ago, and said quitting smoking has helped with a smooth recovery.

Chizen said he smoked for 35 years, and tried to quit at least 20 times. He said he finally managed to quit altogether with the help of the program, and hasn't smoked for six weeks.

"It's just great," Chizen said of the program. "Doctors... are so time-pressed now as it is. Having that pharmacy handy, that time to help you out, it's definitely a bonus."



**David Chizen** underwent reconstructive knee surgery, and credits his smooth recovery on being able to quit smoking beforehand. KEVIN TUONG/METRO



## CLINIC OPENS

A clinic that can help people living with rare forms of kidney disease ward off the need for transplants, and even go into remission, has opened at the University of Alberta Hospital. The clinic treats people with glomerulonephritis (GN), which sees inflammation in the kidneys and can lead to full failure of the organ.

"There are only a handful of GN experts in the country," said Dr. Ainslie Hildebrand, a GN specialist with AHS, in a release.

METRO

## FEDERAL GRANTS

# Crimes will fund anti-crime projects

Police agencies across Alberta will soon have access to government grants aimed at the preventing drug use.

Funded by money forfeited to the province from federally prosecuted offences, Proceeds of Crime grants will offer a maximum of \$20,000 per police or community partner project during an 18-month period.

The total amount of funding available will be \$220,000 for projects specifically targeted

at minimizing drug use.

Police agencies will have to apply for the grants, and the deadline for project proposals is Feb. 12.

"These grants will help our law enforcement partners increase awareness about the dangers of fentanyl and other street drugs through prevention and awareness initiatives," Minister of Justice Kathleen Ganley said, in a media release.

METRO





A total of 76 firefighters responded to the fire Wednesday at 108 Avenue and 95 Street.  
KEVIN TUONG/FOR METRO

# Firefighters douse apartment blaze

FIRE

**No critical injuries, but 50 residents affected**



**Andrea Ross**  
Metro | Edmonton

More than 70 firefighters quickly extinguished a fire that broke out Wednesday afternoon in a McCauley neighbourhood apartment building.

District Chief Mike Westfall said no one was seriously injured in the blaze, which started in a main-floor unit at 108 Avenue and 95 Street at around 2:20 p.m.

Westfall said one woman

was given oxygen after being rescued from a third-floor balcony, and firefighters were monitoring one man, who left the building without shoes.

"He seems to be doing okay," Westfall said. "Nobody was transported to hospital."

Westfall couldn't confirm whether the fire started on the balcony or in the apartment, and said investigators had yet to determine how many of the 39 suites were affected.

He said around 50 residents were impacted by the fire. Some were kept warm in nearby buses and a church.

Building manager Stephen Johnson stood in the snow watching as firefight-

ers walked in and out of the charred apartment complex. Johnson said one of the building's employees pulled a man from the burning unit.

"The guy did come out, he's shaken up," Johnson said.

"All I saw was the smoke billowing out."

Fire crews declared the fire under control at around 2:45 p.m.

Westfall said the second alarm fire warranted response from 76 firefighters.

"It's better to have more than not enough," he said. "I think the firefighters did a great job. In the cold, it's tough with conditions like this."

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**All I saw was the smoke billowing out.**  
Stephen Johnson

LETHBRIDGE

## Police say man had hatchet at school

A man police say had a hatchet hidden in his coat when he was arrested inside a southern Alberta elementary school is facing charges.

Police say they were called to Mike Mountain Horse School in Lethbridge, where a man was reported to have walked in and indicated he was being chased.

The school was locked down and staff were able to contain the man in an empty room until he was arrested by of-

ficers.

There's no word yet why the man was at the school, but police say he may have been under the influence of drugs or alcohol.

Several charges are pending, including possession of a weapon dangerous to the public.

Police are not identifying the 37-year-old suspect until charges are officially laid.

Wendy Fox, associate super-

intendent of the Lethbridge Public School District, says no one was hurt and the lockdown was simply a precaution.

"School staff in the office felt that it would be important to contact the police because there was an indication there might be a weapon on this person," she said Wednesday.

"There was no threat made to the students or the school."

THE CANADIAN PRESS, WITH FILES FROM CJO

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## PROJECT WATCH

## Program saved lives: Knecht

Edmonton Police's Project Watch investigation of motel rooms the province used to house vulnerable Albertans kept people alive, according to chief Rod Knecht.

"I honestly believe, based on the briefings that I have now got on Project Watch, that Project Watch has saved lives. There is no question about it," said Knecht in a year-end interview.

He said Metro's coverage of the story helped bring greater attention to the problem and get more of the necessary agencies and groups to the table.

"That had a big part to play for us to get the attention of certain stakeholders."

The project began as an investigation into high crime rates around certain west-end motels, which police ultimately found out were being rented by the province and in squalid conditions.

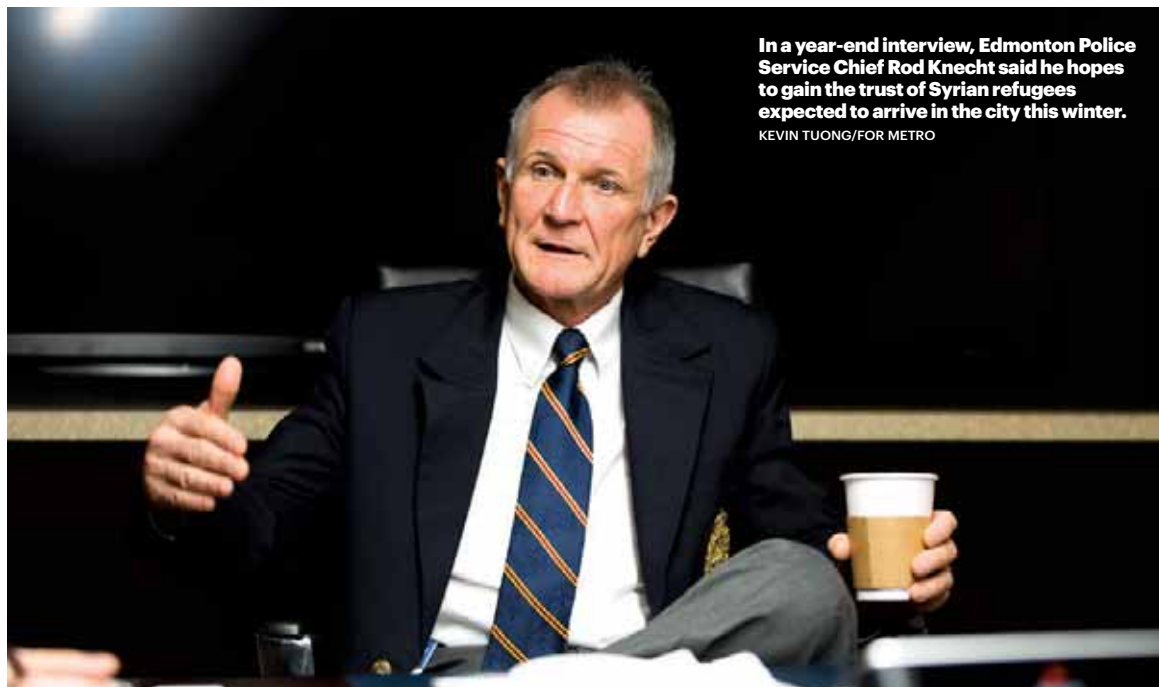
The chief said, despite this year's budget challenges, he hopes to approach other problems in the same holistic way, because it ultimately brings down crime. "It saves us resources in the long run."

Beyond saving money, however, Knecht said removing families from these conditions was the right thing to do.

"Third-world conditions, third-world issues, third-world crime in a city that was going through one of its biggest booms was actually quite reprehensible."

Knecht said now that all agencies are working together on the motel problem they can make real progress. "We have a rule book now that says you're part of this and we continue to work together."

RYAN TUMILTY/METRO



In a year-end interview, Edmonton Police Service Chief Rod Knecht said he hopes to gain the trust of Syrian refugees expected to arrive in the city this winter.  
KEVIN TUONG/FOR METRO

# Building trust with refugees a priority

## POLICE

## Newcomers may present officers with challenges



Andrea Ross  
Metro | Edmonton

The Edmonton Police Service is focusing on community policing to build trust with Syrian refugees arriving in Edmonton this winter.

With more than 1,000 Syrian refugees expected to arrive

in Edmonton over the next two months, police first and foremost want them to feel welcome and safe in their city, Edmonton Police Service Chief Rod Knecht said.

The challenge is that many might not trust police, having come from countries where interactions with law enforcement have been negative, he added.

"That's something we have to deal with, understanding that in our country and our community, the police are there to help you and support you and get you to a better place as opposed to prosecuting you," Knecht said.

In a year-end interview with



**We're the public police, and we're everybody's police officer.**

Police Chief Rod Knecht

Metro, Knecht said Edmonton police are prepared for the fact some refugees may have post-traumatic stress disorder, or may not be happy in a new country.

But as with any other group migrating to Canada, Knecht said it's important to be as welcoming as possible, and that police officers have received

cultural and religious training to help break barriers.

Community policing and face-to-face interactions help both police and new Canadians get to know each other better, Knecht said.

It's the same relationship-building police strive for with any new community, he added.

"We're not social workers, we're not immigration officers. We're the police and we have a distinct role," Knecht said.

"But I think we can take a leadership role in all this and help facilitate them integrating into and being part of the broader Edmonton community."

## BUDGET

## Slower response may be reality



Ryan Tumilty  
Metro | Edmonton

Edmonton Police Chief Rod Knecht said the budget restraint city council handed his force makes it unlikely it will lower rising response times in 2016.

Earlier this month, city councillors voted to boost the police budget by about \$8.5 million over the next three years, well below the \$49.1 million the force had requested.

Knecht said the force's results on response times could slide without new officers, even on high-priority calls.

"We try to get to those calls within seven minutes, 80 per cent of the time and right now we are in the mid-60s," he said in a year-end interview with Metro. "I don't think we are going to get ahead of the curve. I think we can manage the curve."

He said on lower-priority calls, such as home break-ins, the force's response has been a problem it would like to solve.

"It has taken us up to two days for a police officer to show up to those calls, so as far as customer services goes that is not great," he said.

Knecht said the service plans to hold a conversation with the public next year asking them where they want police to focus and they have had internal discussions already.

He said a collision reporting centre could free up officers from responding to thousands of minor collisions and Edmontonians will be able to report more crime online. "We want to expand that online reporting significantly."

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# Province isn't pondering pot sales

## MARIJUANA

### Alberta won't take same path as Ontario for legalized sales



**Helen Pike**  
Metro | Calgary

While Ontario mulls how to handle the imminent sale of legalized marijuana, Alberta still considers the conversation premature.

Ontario Premier Kathleen Wynne said Monday it would "make a lot of sense" for Ontario's government-run liquor stores to sell marijuana. She said the stores, owned by the government, have the experience and expertise to sell legal-

ized marijuana in a responsible way.

Although the provinces east of Alberta are considering how regulated Mary Jane sales would look, a spokesperson for the Minister of Finance — the ministry that oversees the Alberta Gaming and Liquor Corporation — said it's a little premature to be having similar talks here.

In Alberta, things work a little differently for controlled

substances. Ontario has a monopoly on liquor sales, as they operate all of the stores licensed to sell. But Alberta has an open market with private sellers in charge of their own liquor selections, hours and operations.

"From a logistics point of view I could see how governments would look at their current infrastructure to see if they can leverage any of those stores

that are already selling controlled substances," Ivonne Martinez, president of the Alberta Liquor Store Association said. "The difference is in Ontario they own all of their stores — so they can make that decision. Here, we don't know what the government is thinking yet, we don't know if AGLC is going to be in charge of it or not."

WITH FILES FROM THE CANADIAN PRESS



**Don't expect pot in Alberta's liquor stores.** GETTY IMAGES

## CHILD WELFARE

### System needs to change: Advocate



**Alex Boyd**  
Metro | Edmonton

Alberta's Child and Youth Advocate is again calling for changes to the child welfare system following the release of an investigative report about a 17-year-old girl who attempted suicide.

"There needs to be a recognition of the debilitating effects of loss and trauma on youth and how it can impair a child's success and development as they grow into adulthood," advocate Del Graff said in a release.

The report describes the case of Makayla (a pseudonym) who was first placed in foster care at seven years old. By the time she was 17, she lived in more than 20 placements.

"Each time Makayla moved, she said she felt more disconnected and that no one really cared about her," the report said.

In 2014, Makayla attempted suicide and was hospitalized. At the time, she was the subject of a Permanent Guardianship Order.

Makayla recovered from her injuries, but continues to struggle emotionally, the report said. Her whereabouts are unknown and she's not in school.

"Makayla's story is distress-

ing; however, not uncommon for children involved with the child intervention system," Graff said in the report.

Graff makes two recommendations: That officials assess young people involved with Child Protective Services to identify the effect of traumatic events and make sure placement moves are planned. Where unplanned moves can't be avoided, mitigation strategies should address the impact of the move, he said.

Minister of Human Services Irfan Sabir said in a release, "We accept the recommendations provided in this report and will work with the Child and Youth Advocate to see how they can be implemented."



**Del Graff.** CONTRIBUTED

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## IN BRIEF

### Hateful Rachel Notley print pulled from online store

It appears the Rachel Notley bullies are still swinging.

On Tuesday, a print created by a Calgary-based designer circulated for sale online at society6.com

The print depicted Notley standing at a podium in front of a poster with the word 'Count,' and her head covering the 'O,' thus revealing an offensive term for female genitalia.

The image was accompanied with the hashtag reading

#WickedWitchoftheWest.

When Metro contacted the artist, Caitlyn Rowland, she explained the story behind the image was "Rachel Notley not being overly popular in Alberta."

The mugs, prints and canvases were quickly taken down after the short phone call.

This comes after repeated threats against the premier have been surfacing online, some even being monitored on Facebook by the RCMP.

HELEN PIKE/METRO

# Word almost scuttles deal

## PARIS CONVENTION

### Canadian apologizes for error in document

A single one-syllable, five-letter word almost scuttled the Paris climate deal, and it was a Canadian who, literally, had to sit in front of the world and sort it out at the 11th hour.

Not to mention apologize for an error the United States would never accept if allowed to stand.

The apology came from Winnipeg-born Richard Kinley. Previously an official with the Canadian government, Kinley is second-in-command to Christiana Figueres, executive secretary to the United Nations-led Framework Convention on Climate Change.

This means Kinley manages the UN's climate shop, including the behind-the-scenes machinery that led to the final Paris text — version L9 — which carried the following contentious line: “Developed



Clockwise from left: French Foreign Minister and COP21 President Laurent Fabius with United Nations General Secretary of the Climate Convention Christiana Figueres, COP21 General Secretary Pierre-Henri Guignard and UN Deputy Executive Secretary of the Climate Change Secretariat Richard Kinley, during COP21, on Dec. 2. ERIC FEFERBERG/AFP/GETTY IMAGES

country parties shall continue taking the lead by undertaking economy-wide absolute emission reduction targets.”

The problem word is “shall.” In international law, that seemingly benign word creates a

legally binding commitment. But, such obligations require Senate approval in the U.S. — at least as they relate to emissions targets. If the “shall” were allowed to stay, there would be no chance U.S. President Barack

Obama could secure domestic support for the agreement.

Republicans in the Senate would vote it down, and the Paris climate change deal would fall apart.

When U.S. Secretary of State



**Richard Kinley**  
TORSTAR NEWS SERVICE

John Kerry first saw the sentence he was taken aback, telling a reporter: “We cannot do this and we will not do this.”

There were two options: reopen the text for further revision, which risked having other countries step forward with other demands, or admit the mistake — in front of delegates from 196 countries.

The latter option was chosen, and it was Kinley who had to break the news that the word “shall” in Article 4, Paragraph 4 was the wrong word. It needed to be changed to “should.”

TORSTAR NEWS SERVICE

## NORTH KOREA

### Officials ask to see Lim

Prime Minister Justin Trudeau expressed “tremendous concern” at the life sentence handed to a Canadian pastor in North Korea on Wednesday, saying consular officials would work to stand up for his rights.

Hyeon Soo Lim, who pastors the Light Korean Presbyterian Church west of Toronto, was sentenced to life in prison with hard labour by North Korea's Supreme Court for what it called crimes against the state.

Trudeau noted that Canadian consular officials have not been allowed to see Lim since his detention began early this year apart from during the 90-minute trial that ended with his sentencing.

“We have tremendous concern about it,” he said. “The issues of North Korea's governance and judicial system are well known. We certainly hope to be able to engage with this individual and stand up for his rights.” Trudeau said consular officials would be pressing North Korean authorities for access to Lim. THE CANADIAN PRESS

## IN BRIEF

### Trudeau meets with indigenous leaders

Prime Minister Justin Trudeau confesses he can't compel an apology from the Pope for the role of the Catholic Church in Canada's residential school system. But Trudeau says he looks forward to raising the matter with the pontiff. Trudeau met for more than two hours on Wednesday with leaders from five indigenous organizations, capping a week that saw the Truth and Reconciliation Commission deliver its report on the legacy of residential schools.

THE CANADIAN PRESS

### Conrad Black endorses Donald Trump

Donald Trump hasn't received too many ringing endorsements from famous conservative elites — but he's just received praise from one Canadians know well. Conrad Black has penned a piece titled, “Trump Is The Good Guy,” for the conservative National Review. The Republican establishment is reportedly so mortified by the prospect Trump might win its party nomination it's angling for the first brokered convention in decades.

THE CANADIAN PRESS

## IMMIGRATION

### Integration key to student success

A sweeping new study of immigrant students around the world shows they do best in countries that bring them into regular classrooms as quickly as possible, where teachers feel comfortable working with children of different backgrounds and where extra help is offered to families — all hallmarks of GTA schools.

The 124-page report by the Organization for Economic Co-operation and Development (OECD), to be released Thursday, looks at how immigrant students in some 30 countries, including Canada, performed on a standardized test in the “3 Rs” in 2012, and concludes their success depends largely on how the host country helps them integrate in school.

“Immigrant students perform better and report feeling more accepted in some countries than others, which suggests education policy has an impact on integration,” said the report, Immigrant Students at School: Easing the Journey towards Integration.

It suggests the countries that best help immigrant students succeed move them into regular classrooms while giving them a crash course in their new language, rather than segregate

## + REPORT

The OECD report cites the importance of early learning and preschool programs, which Grewal noted is not always a familiar concept in some communities. She said parent drop-in centres like those common in Peel and Toronto may be more comfortable because they don't involve parents leaving their child, which can be traumatic for a refugee family.

them until they have mastered the language, as happens in some countries.

In Ontario, schools must place newcomers in a regular classroom for at least part of each day, noted Paula Markus, the Toronto District School Board's co-ordinator of English as a Second Language (ESL).

“We don't want to segregate children, even from the first days, because while we're giving them English language support we know it's important for them to get to know English-speaking peers and make friends and that helps their adjustment,” she said. TORSTAR NEWS SERVICE

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## CHILDREN'S HOSPITAL

## 'Sworn to secrecy' on Star Wars plot

It's not exactly the Official Secrets Act, but it's close.

Eleven kids from the Children's Hospital of Eastern Ontario in Ottawa had to swear not to disclose the plot of the upcoming Star Wars: The Force Awakens until it comes out in theatres.

For that, they got to attend a private preview on Tuesday night with Prime Minister Justin Trudeau.

"Last night they were treated like royalty," Isabelle Mailloux of the Children's Hospital of Eastern Ontario Foundation said in an interview.

"He made them feel special," Mailloux said. "Each one was a special guest. It was adorable."

The children ranged from eight to 18 and have a variety of ailments. Some are being treated for cancer. One has lost a leg. Another is on dialysis.

"They were sworn to secrecy about the plot of the movie until it comes out," Mailloux said. "They loved that, too."

They all had their photos taken with the Prime Minister and are eager for them to arrive, Mailloux said.

"They said, 'No one's going to believe us tomorrow at school.'"

In the meantime, they can point to a tweet sent out from @JustinTrudeau with a group photo alongside the prime minister. TORSTAR NEWS SERVICE



Trudeau tweeted out this photo from his account during a private screening of the new film. TWITTER

### COURT

#### Mike Duffy trial persists

After six days of sharing career reminiscences and grievances about life in the Conservative fold, Sen. Mike Duffy on Wednesday faced the Crown's scrutiny of his version of events and of the particu-

lars of where he actually lives.

The Crown is scheduled to continue its cross-examination on Thursday. Lawyers discussed with the judge the need for more time to wrap up the trial. THE CANADIAN PRESS



Prime Minister Justin Trudeau addressed questions from journalists and the public at the National Arts Centre on Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

## PM opens up at town hall

## Q &amp; A

### Justin Trudeau gives views on CF-18s, Trump and photo ops



**Michael Woods**  
Metro | Ottawa

Prime Minister Justin Trudeau took questions from journalists and the public at an hour-long town hall hosted by Maclean's Magazine at the

National Arts Centre Wednesday. Here are three notable moments from his Q & A.

**1 CF-18s:** Trudeau said U.S. President Barack Obama hasn't asked him to reconsider his pledge to withdraw Canada's CF-18 fighter jets from the fight against the Islamic State of Iraq and the Levant (ISIL).

"I've made it very clear that our commitment was to withdraw the CF-18s," Trudeau said. "He didn't ask me to keep those in, nor would I have kept them in if he had asked me."

**2 Donald Trump:** Asked about

Donald Trump's politics, Trudeau shied away from commenting directly on U.S. politics. But without mentioning Trump's name, he slammed "the politics of intolerance and hateful rhetoric."

"If we allow politicians to succeed by scaring people, we don't actually end up any safer. Fear doesn't make us safer, it makes us weaker," Trudeau said. "We need to remain focused on keeping our communities safe and keeping our communities united instead of trying to build walls and scapegoat communities."

"Painting (ISIL) and others with a broad brush that extends to all Muslims is not just ignorant, it is irresponsible."

**3 Charm Offensive:** Trudeau was asked about his charm offensive since taking office, such as posing in Vogue Magazine.

"It's not about image. It's about substance," he said. "That's what so many of my political opponents haven't understood." He said serving Canadians well means listening to them and engaging in "real conversations." It also means talking to a broad range of publications.

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# Freshwater lakes heating fast



Waves crash during a November gale at Lake Superior's Government Beach in Ontario. A new study suggests lakes on average are warming much faster than the climate as a whole.

THE CANADIAN PRESS FILE/HANDOUT

## CLIMATE

### Lake Superior second-fastest warming lake in world: study

Our rapidly warming world has another high-profile victim — lakes.

An alarming new study says freshwater lakes are warming at more than twice the pace of oceans, and Lake Superior is the second-fastest warming lake in the world, behind Sweden's Lake Fracksjon.

The rest of the Great Lakes are also faring dismally, the study says, putting native fish in jeopardy, increasing the risk of invasive species and raising fears of widespread algae

“

**It was shocking to find that over 90 per cent are warming.**

Sapna Sharma, lead author of the study

blooms.

The study, by a team of international scientists, analyzed data from hundreds of lakes around the world. It found that summer surface temperatures rose by about 0.34 C on average between 1985 and 2009.

That may not sound like a lot, acknowledged Sapna Sharma, the lead author of the study and an assistant professor in the faculty of science at York University. But put that in context with air temperatures and ocean temperature increase and “you see there is a big difference,” she said.

Average air temperatures over the same period have warmed about 0.24 C, while oceans have warmed about 0.11 C, she said.

Lakes that are covered with ice in winter, like most Canadian lakes, are warming twice as fast because the lakes are increasingly ice-free earlier and for longer periods.

The Great Lakes are also facing an increase in solar radiation, another factor for the rapid warming of freshwater lakes.

The study, published Wednesday in Geophysical Research

# 0.34

Average degrees in Celsius by which summer surface lake temperatures have risen between 1985-2009.

# 0.24

Average degrees in Celsius by which air temperatures have risen in the same time period.

# 0.11

Average degrees in Celsius by which oceans have warmed from 1985-2009.

Letters, examined data from 236 lakes. Some readings came from NASA satellites; others came from data collected on the ground. TORSTAR NEWS SERVICE

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Monk Feodorit (Senchukov) holds his cat Monya in a calendar showing an unexpected face of the Russian Orthodox Church: cat-loving priests. ANNA GALPERINA/ARTOS/THE ASSOCIATED PRESS

## Pet kitties join priests

### CALENDAR

### Russian Orthodox Church's unusual move

A group of Christian enthusiasts has released a calendar showing an unexpected face of the Russian Orthodox Church: cat-loving priests.

The Priest and Cat calendar released earlier this month by photographer Anna Galperina and editor Ksenia Luchenko shows 12 Orthodox priests at their homes posing with their cats.

Luchenko said the idea was totally spontaneous but it can

now be viewed as a Russian Orthodox answer to the annual Italian Calendario Romano, featuring handsome young priests of the Roman Catholic Church, and the Gatti di Roma calendar filled with Rome's cats.

Luchenko said some of priests refused to be photographed, fearing that the project would be too "pop."

"To be honest, it feels a bit strange, when you call priests and ask: 'Father, tell me please, do you have a cat? Oh, you do? Great!' she said. "So the initial reaction was a bit wary."

Father Pyotr Dynnikov who posed as Mr. February said he liked the idea because the calendar lends the church a lighter and less official dimension.

THE ASSOCIATED PRESS

### UNITED STATES

## Mistrial in first Freddie Gray case

The first effort to find a police officer criminally responsible for Freddie Gray's death from a broken neck in a police van ended Wednesday with a hung jury and a mistrial in Baltimore, Md.

Six officers have been charged in Gray's death. William Porter has been accused of failing to get medical help for a wounded Gray and has been charged with assault, manslaughter, misconduct in office and reckless endangerment.

It was not immediately clear whether he will face a retrial.

Gray, 25, who had been suspected of possessing an illegal switchblade, was arrested while fleeing from officers and died April 19, a week after his neck was broken inside a police van. He had been left handcuffed, shackled and face-down on the van's floor. An autopsy concluded he probably couldn't brace himself whenever the van turned a corner or braked suddenly. THE ASSOCIATED PRESS

### FRANCE

## Charlie Hebdo giving \$4M to victims

Charlie Hebdo, the satirical newspaper in Paris whose staff had been decimated by Islamic extremist gunmen and then beset by internal tensions over an unexpected influx of donations and readers, said Wednesday it will turn over all the money to victims of the three days of attacks in January.

A pair of French-born brothers killed 12 people — most of them journalists — during an editorial meeting on Jan.

7. The publication had been targeted for its caricatures of the Prophet Muhammad.

The three days of attacks, co-ordinated with a third man targeting a kosher supermarket and police-woman, left a total of 17 dead before the gunmen were shot to death in police

# 84

The number of countries from which Charlie Hebdo received donations. THE ASSOCIATED PRESS

raids.

Suddenly flush with cash from donations and a global readership, the weekly saw tension among surviving staff, in large part over the money.

In a statement Wednesday, Charlie Hebdo said it would turn over nearly \$4.4 million US, and that the French govern-

ment had appointed an oversight committee to determine how the money would be redistributed in coming weeks.

Among those deeply affected by the attacks were not just the families of the dead, but also people who had been taken hostage and wounded in the supermarket, as well as the printer whose company was shut down after the brothers holed up there for hours.

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# Canada, U.S. seen to be parting ways

## INTEREST RATE

### BoC won't match Federal Reserve hike, expert predicts

The U.S. Federal Reserve raised its interest rate Wednesday, exerting downward pressure on the loonie that has been steadily dropping in recent months as global oil prices plunged.

The American central bank lifted its key rate by a quarter-point to a range of 0.25 per cent to 0.5 per cent, ending a seven-year period of near-zero borrowing rates.

Scott Guitard, a portfolio manager at Fiduciary Trust Canada, said climbing American interest rates will likely mean the opposite for the Canadian dollar.

He also predicts Canada's central bank will stick with its decision to hold steady on its key lending rate even if the loonie falls further because of

## + ECONOMY

### Faith restored

Wednesday's action reflects the U.S. Federal Reserve's belief that the American economy has finally regained enough strength 6 ½ years after the Great Recession ended to withstand modestly higher borrowing rates.

THE ASSOCIATED PRESS

enduring low oil prices.

Ian Nakamoto, director of research at 3Macs, said the different paths of the two central banks have pushed the value of Canada's dollar lower because investors look at the direction of interest rate policies when they're choosing where to put their money.

Canada's commodity-linked currency is also a less attractive option as oil prices continue to suffer while America's recovery continues to gain strength.

"Not only will you get the

kicker of a rising U.S. dollar because of their economy, but the money that you have invested there will be earning a higher interest rate when interest rates go up more over the next year," he said.

Because commodities are priced in U.S. dollars, a rise in the American currency tends to depress prices because it makes them more expensive for those holding other currencies and reduces demand.

In the case of oil, the price for benchmark oil slid below \$36 a barrel Wednesday from highs above \$108 little more than a year ago. "It's no different than going to the grocery store and buying five lemons instead of six because the price has risen," Nakamoto said.

Scotiabank analysts Shaun Osborne and Eric Theoret said the spread between the Canadian and American interest rates should remain wide throughout 2016, especially if Canadian economic data continues to disappoint.

THE CANADIAN PRESS



**COMPUTER LITERACY PUSH TO CREATE TECHIE TYKES** Third-grader Jaysean Erby solves a coding problem as Apple CEO Tim Cook watches from behind during a coding workshop at an Apple Store in New York last week. There's a push across the U.S. to improve computer literacy in elementary school, and entrepreneurs are jumping aboard. But some critics warn that pushing advanced concepts on younger kids could frustrate them and turn them off computer science completely. THE ASSOCIATED PRESS FILE

## CHILDREN'S FINANCIAL FUTURE

### Parents delaying retirement

Half of Canadian parents say they would postpone retirement because of concerns about the financial future of their children.

Parents with children aged 18 to 24 said they were willing to trade some of their own financial security to help out their kids in a changing economy, BMO Wealth Management said in a report.

Half said they would be willing to retire later than planned, one-third said they would save

less for retirement, and 22 per cent said they would take on debt.

**22%**

The percentage of parents who said they would take on debt to help their kids in a changing economy.

Roughly the same proportion who said they would retire later than planned said they received little or no support from their parents when they were young adults themselves.

The biggest financial concern for parents about their children was financial problems caused by debt, followed by difficulties achieving financial independ-

ence and insufficient employment.

The so-called millennial generation of those born after 1980 faces different economic realities than their parents, especially after the 2008 financial crisis. The number of contract workers has grown more than four times faster than the number of full-time employees since 2008, according to Statistics Canada. The number of Canadians aged 25 to 44 in full-time employment is up 1.2 per cent since 2008, compared with a 24.9 per cent rise in contract work.

THE CANADIAN PRESS

## MUSIC

### Michael Jackson's Thriller still scaring up sales

Michael Jackson's album Thriller has sold 30 million copies in the United States, making Jackson the first artist to attain 30-time multiplatinum status, the Recording Industry Association of America and Jackson's estate announced Wednesday.

The album has proved even more popular overseas, with 100 million copies sold worldwide since its

1982 release. It includes hits such as Beat It, Billie Jean, and the title track, which inspired one of the most famous music videos.

"Thriller' continues to be the yardstick against which all other albums are measured," said John Branca, co-executor of Jackson's estate. Branca noted that Jackson wrote the album to appeal to a broad audience, which helped fuel its popularity abroad.

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# Dangerous season for the roads

## SAFETY

### Some still not getting message about drunk and distracted driving

Jason Menard

The holiday season should be filled with joy — but combining too much holiday cheer and getting behind the wheel is a combination that kills. And though the message about not drinking and driving has been around for years, there are still those who refuse to heed it.

"Despite public awareness, there are still people who feel it won't happen to them," explained Angelika Souranis, national president of MADD Canada. "It's something that happens on the news, or something that happens to others. Or they say, 'I've always gotten away with it,' or 'It's only a five-minute drive.'"

Souranis added that people need to focus not just on drinking and driving, but also impaired driving. "I'm very careful about always saying impaired driving. Youth between 16 and 25 get the message about drinking and driving, but not about



Preventing impaired driving is also about choosing not to accept a ride with someone who is impaired. ISTOCK

marijuana smoking and driving," she said. "We know that one's faculties are impaired — and it's something, as we have a government that's come in promising to legalize it, that we're going to have to focus on in the future."

Everyone, young and old, needs to be aware of the risks not just of their own behaviour,

but of those with whom they may be attending Christmas parties or holiday events, Souranis said. It's a lesson she holds dear to her heart and works to share.

"I lost my own son in an impaired driving crash seven years ago," she explained. "I was very conscious of telling him not to drive impaired and I think he respected him, but I also wonder

did I tell him enough about not getting in a car with someone who is impaired.

"Preventing impaired driving is also about choosing not to accept a ride with someone who is impaired."

She also encourages motorists to immediately contact the police if they see someone they feel may be driving under the

influence. "It may not impact you directly, but it could impact the next car, or the person down the block."

Souranis said that she appreciates that businesses have been proactive in encouraging employees at staff parties to take cabs or other forms of transportation. She also said that hosts need to be aware of

## + ALBERTA LAWS

- Alberta's law allows for a criminal charge and an immediate license suspension for a blood alcohol concentration of over .08, being impaired by drugs or alcohol, or refusal to provide requested samples.
- Alberta also has sanctions for lower concentrations between .05 and .08, before reaching the level of criminal impairment
- At this threshold, a first offense results in an immediate three-day license suspension and three-day vehicle seizure
- For drivers under graduated licensing any blood alcohol results in an immediate 30-day license suspension and a seven-day vehicle seizure.

how much they've served their guests or make arrangements for impaired guests to spend the night. And, of course, people need to take responsibility for their own actions — arranging for alternative forms of transportation or accommodation.

"There are so many choices to be had when it comes to making a safe and responsible decision."

## How to stay safe in Canada's winters

For many people, a hearty Canadian winter is essential for the holiday season. But while it's wonderful to enjoy the great outdoors in all its seasonal glory, it's also important to take a few precautions to ensure that your holidays stay jolly and your Christmas is merry.

Whether it's a trip to visit family, skating on a frozen pond, or enjoying a snow-covered field, there are some basic precautions that people should take and issues of which they should be aware, explained Dr. Joanna Oda, medical officer of health, Edmonton Zone, for Alberta Health Services.

And first and foremost? Dress for the season — even if you don't think you need to (or, as is often in the case of youth and teens, even if you don't think it looks cool.)

"It's a very similar issue for both adults and children as

they both sometimes think they don't need to wear the appropriate clothes," explained Dr. Joanna Oda, medical officer of health, Edmonton Zone, for the Alberta Health Services. "People will say, 'I'm travelling in a car, I don't need anything special.' And then the car breaks down."

And if you do start feeling some numbness in or whitening of your extremities, then it's time to come in and warm up. In most cases, Oda said, coming into a warm house and getting out of wet clothes should do the trick. But if frostbite is present, it would be time to seek medical attention.

For families with small children, bundling up their kids can actually lower the effectiveness of safety measures.

"Most people aren't aware that your child wearing a big bulky coat with a lot of cushioning, it can reduce the ef-

fectiveness of a car seat because the restraints aren't tight," Oda explained, adding that it's best to buckle your child in wearing lighter clothing, then layering jackets and blankets over top.

Walking in a winter wonderland sounds wonderful, but in addition to exposure concerns, the holiday season can bring other winter concerns like slips and falls and accidents. Not to mention the risks to weekend warriors and snow shovellers.

"Always be prepared, wear layers, use the penguin walk — broader stance and flat shoes with good traction," she said. "When you're participating in high-speed, winter sports — often those that go downhill or are on ice — make sure you wear a helmet."

"And when it comes to snow shovelling, we tell people to go slow and rest often."

JASON MENARD



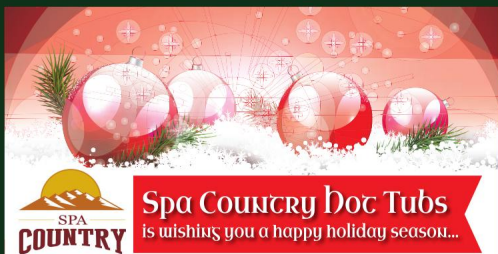
Best advice for walking in a winter wonderland? Dress for the season. ISTOCK



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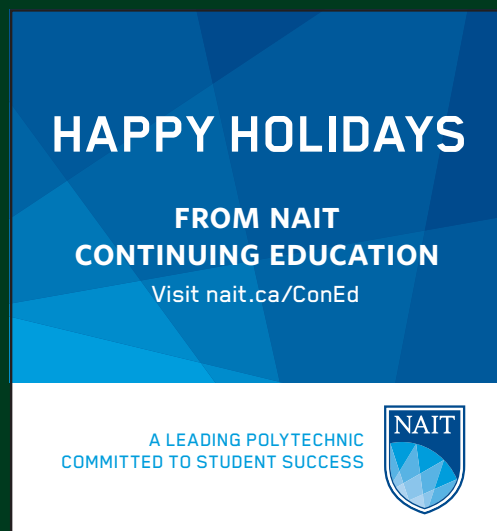
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## CHANTAL HÉBERT: ON THE SENATE SCANDAL (IT'S STILL ON)



**“Gone are the days when the re-election of a government, the reputation of a sitting prime minister or the ascent of an Opposition leader could hang in the balance of the Duffy trial.”**

It is not totally true to say that the legal travails of Stephen Harper's former star senator are no longer of any real consequence to anyone but himself. A dozen of Mike Duffy's past and present Senate colleagues have cause to wait for the trial verdict with baited breath.

They are on the list of current or ex-senators whose expense claims were brought to the attention of the RCMP over the past two years. Take Pamela Wallin, who is back in the upper house since the election. There has not been a word on where she stands since the RCMP reportedly transferred her file to the Crown prosecutors last summer.

The odds that the other senators engulfed in the scandal will be charged and/or taken to trial stand to decrease if Duffy is found not guilty of all or most of the 31 criminal charges laid against him.

That being said, gone are the days when the re-election of a government, the reputation of a sitting prime minister or the ascent of a prosecutorial Opposition leader could be presumed to hang in the balance of the Duffy trial.

At this time last year, Duffy, Harper and Thomas Mulcair were the leading co-stars in a high-stakes political drama that was deemed to have the potential to reshape the electoral landscape.

**Harper is headed for political retirement, but not mostly for what the Duffy trial has brought to light.**

Twelve months later, there has yet to be a definitive resolution to the Senate spending saga but the storyline has fizzled out; the audience has lost interest; the spotlight has shifted and the curtain has fallen in whole or in part on its main protagonists.

That is as good a measure of what a difference a year in politics can make.

At this time last year, Harper looked well placed to make electoral history by winning a fourth consecutive mandate. The rise to pre-eminence of the security issue in the wake of the Parliament Hill shootings had given his party a second wind. For the first time since the Senate scandal, the Conservatives were seeing positive omens in public

opinion.

That gave rise to trepidation about the upcoming Duffy trial and even talk of an early election to minimize the risks.

These days, most Harper-related speculation is of an idle variety. It revolves around the timing of his definitive departure from the House of Commons. Most expect it will come sooner rather than later. Some wonder why it has not happened yet.

For the record, there is nothing exceptional about the fact that Harper is still an MP. It may be one of the more normal features of his exit from politics. Paul Martin was defeated in January 2006 but resigned his seat only in March.

As for Mulcair, 12 long

months ago he was basking in the glowing reviews of his performance as chief-questioner of the government in the Commons.

The NDP leader was never more on a roll than over the time of the Senate scandal. It was in its wake that he came to have a larger-than-life presence in question period. He will probably go down in modern Canadian history as the official Opposition leader who will have asked the most questions of a government over the course of a single session.

A year later, Mulcair's parliamentary persona feels too big for the support role of leader of the third party in the House. In the new House of Commons, he looks like a square peg in a round hole. At least for the time being, his famous prosecutorial skills are wasted on a Liberal prime minister that too many New Democrats for comfort like better than they do their own leader.

At year's end, Harper is headed for political retirement but not mostly for what the Duffy trial has brought to light. The betting is that Mulcair — whose oratory feats on the Senate turned out to be wasted on the country's voters — will not be far behind.

As for Duffy, except among a handful of allegedly profligate senators, his ultimate fate is a matter of relative indifference.

The Senate saga was the biggest political drama of the last federal decade but it earned none of its main actors a curtain call.

**Chantal Hébert** is a national affairs writer. Her column appears in Metro every Thursday.

## ROSEMARY WESTWOOD metroview

### A lengthy disruption over Katie the dog gives me hope

Toronto ground to a halt for two hours yesterday over the life-and-death drama of Katie, the German shepherd.

The north-south subway line was out of service while transit workers rescued the dog from the track rails, where she mysteriously got caught.

Media live-tweeted updates from the scene (“Did she make it?” my colleagues kept asking as they checked Twitter) and a few posted photos of Katie on a stretcher, wrapped in a bloodied blanket. For some, it was just too much.

“@680NEWS DELETE THIS INSENSITIVE PICTURE Would you post a picture of a person trapped on tracks? #topoli #Katie” tweeted @Hohummm.

“RIP” wrote another, after news broke Katie had been put down. “Very sad incident on the TTC tracks today,” the mayor tweeted.

What kind people live in this city, I thought, as a dog swallowed our short attention spans and #katie started trending across Toronto. For others, that was all too much, too.

“Shuttle buses, thousands of people having their afternoon commute ruined, for a dog,” an acquaintance texted. “Would the line have been shut for a raccoon? A squirrel? A rat?”

“What an incredible waste,” he went on. “I hope the irresponsible dog owner gets the bill.”

This is, to quote my acquaintance, an “incredible

example of something,” or perhaps two things: our capacity to care, and our capacity to care on a scale.

A few years ago, researchers tested people's sympathy for humans (adult and baby) and dogs (adult and puppy).

“The ‘winner’ was not the puppy but the human infant. The puppy, however, came in a close second with the adult dog not far behind,” Wired magazine reported, while noting that another study found people are more willing to save their personal pet than a “foreign tourist.”

This could be considered depressing, but I don't think so. First, everyone hates tourists. More importantly, a lengthy disruption over a dog gives me cause for hope.

It shows that people do care about other beings, despite the common assumption we're living in the most selfish, dehumanizing society created.

Normally, shutdowns turn trains and subway stations into sweltering hellholes. This time, they were hellholes with a heart.

And I have faith the empathy hierarchy can be manipulated.

I'm sure we'll one day learn about the superior intellect of the raccoon (perhaps even the rat) and start adopting them as pets, thus improving the likelihood we'd stall a subway to save one. Tourists, though — they're screwed.

#### THE MICROTREND: Battle roy-owl



The forest isn't big enough for both of them. A turf war has broken out in the Pacific Northwest, and the instigator is the barred owl. Habitat degradation in the Prairies has been driving the hearty invasive species west into the stomping grounds of the northern spotted owl. And the barred owl is having a hoot out-eating and out-breeding everything in its path. Everywhere it goes, the spotted owl is declining fast: By up to 77 per cent in Washington and 68 per cent in Oregon since 1985, says a new U.S. study. Hardly a handful are left in B.C. As if it wasn't tough enough out there for a spotted owl: Development has destroyed the old-growth trees where it likes to nest and pushed it away from its favourite prey — a major problem for these polka-dotted picky eaters. The areas where spotted owl populations are sliding slowest have gotten human help with removing the nasty new neighbours. SOURCE: THE WASHINGTON POST

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Also on our Over it! list: Enough with the spoiler alerts and trigger warnings. Manage yourself, already.

Your essential daily news

Thursday, December 17, 2015

## Over it! 2015 edition

Spoiler alert: This is an unscientific look at some popular terms and favourite things of the year that we need to leave behind come 2016 because, frankly, they give us a headache. For your consideration and in no particular order, here they are: THE ASSOCIATED PRESS

### 1 Adult colouring books

Yes, millions sold! Yes, mindfulness! Yes, beautiful flowers and geometric patterns and all manner of animal life and wonder! We now have enough things for grown-ups to colour to keep us stress-free clear through to Armageddon.



### 3 Diffuser bottles

You know those often brightly coloured plastic bottles with the filter thing in the centre where you put your cut fruit and whatever else you can think of to flavour your water? Just hydrate.



### 4 Man buns

They're everywhere, except maybe the majority of male heads in real life. A clip-in version is a scary little pouf.



### 2 Tiny houses

According to Thetinylife.com, the typical U.S. home is about 2,600 square feet. The typical tiny house is 100- to 400-square feet. Some of us have been there. It's not a pretty thing. Find some other social movement.



### 5 Cauliflower

Wayyyy back in 2013, the question was posed: is cauliflower the new kale? It's 2015, people who have just discovered baked and roasted cauliflower, mashed cauliflower, cauliflower pasta sauce, cauliflower pizza crust and fancy things to do with what is a fine thing now delicately plated in fine restaurants.



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# Star Wars: A fashionable force

## COSTUME

### Legacy lives on with wardrobe in latest movie installment

From Obi-Wan Kenobi's Jedi robes to Darth Vader's mask and Princess Leia's golden bikini, costumes featured in Star Wars are arguably as famous as the franchise's characters themselves.

As The Force Awakens arrives in theatres on Friday, costume curators and creators can't wait to see how fashion plays a role in the latest installment.

"From the prequels, you look at some of Natalie Portman's gowns, they're so lavish, they're so fashionable. And what that says to me is that society is doing well," said Saul Drake, project director of the Smithsonian travelling exhibition Rebel, Jedi, Princess, Queen: Star Wars and the Power of Costume.

"What's really interesting to see for The Force Awakens costumes is that it's kind of almost a return to form for the classic style of costume. They're very sparse, they're very monotone, there's not a lot of embellishment on there. And without even seeing the movie, what that tells me is that the society is not doing that well. There's struggle going on."

"It's interesting to see how those costumes not only create character, but they also reflect what's going on in the Star Wars movies in that time period."

A selection of designs from The Force Awakens are among the 70 costumes currently on display in the Smithsonian's exhibition at the Discovery Times Square centre in New York until Sept. 5, 2016.

Styles sported by newcom-

ers Finn (John Boyega) and Rey (Daisy Ridley) are also featured alongside notable ensembles from the six previous films spanning from the 1977 debut to 2002's Attack of the Clones.

Toronto-based costume and set designer Sarah Armstrong said she's noted some parallels between the designs she's seen so far on Finn and Rey

Comedian Amy Schumer struck a suggestive pose with C-3PO while dressed as Leia on the August cover of GQ. Montreal label UNTTLD was awarded a \$15,000 prize in a Star Wars costume contest held during Toronto's World MasterCard Fashion Week in October with their interpretation of Leia's look.



**“There’s not a lot of embellishment... Without even seeing the movie, what that tells me is that the society is not doing that well.”**

Saul Drake, Smithsonian

and those worn by their on-screen predecessors Han Solo and Leia (Harrison Ford and Carrie Fisher.)

They harken back to fashions from the original movies, which encompassed Asian-inspired designs with simple shapes alongside military-influenced styles, Armstrong said.

"I think it's incredible how the original designer (John Mollo) was able to blend and marry the Samurai with a modern warrior and build archetypes that have remained timeless," said Armstrong. "You can't ignore that. And there are very few films out there that have been able to do that."

"I think that's also one of the reasons it's been so successful because it's a unique thing on its own, and that's why it still retains its impact."

Among the most enduring costumes from the film franchise is its most revealing.

The gilded bikini worn on-screen by Fisher in 1983's Return of the Jedi has remained perennially popular — and parodied — ever since.

Recent published reports suggested that Disney plans to retire the two-piece from use in product sales and marketing. Company representatives did not immediately respond to a request for comment.

"The fact that it's a very male-centred world makes anything that Leia wore stand out," Armstrong said. "Leia's costumes are very (much) drawn on some of the male shapes but are very feminine."

Armstrong said the fashion formula established early in the Star Wars series was "incredibly successful" and it would be wise for those now steering the franchise not to veer too far off-course.

"They'll want to have something to appeal to the old fans, the people like me that saw it in '77, and they're going to want to appeal to a whole new generation of people. ... Once they've had success with this first one, you might see them try to take some more liberties."

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# Call it magic, call it theory, call it true

## LOST CIVILIZATION

### Author Graham Hancock is back with alt history sequel

Sue Carter

For Metro Canada



Twenty years ago, when Graham Hancock's book *Fingerprints of the Gods* was first published, it caused quite the stir among archaeologists, historians and conspiracy theorists. After years of research, the U.K. journalist hypothesized that 12,800 years ago, a massive, cataclysmic comet had hit the Earth, essentially wiping out a highly advanced ancient civilization. The remaining survivors then canvassed the world, landing in such places as Egypt, Turkey and Peru, in hopes of spreading their wisdom. Some of those sages or magicians as they were known, were responsible for constructing such wonders as the Sphinx, which Hancock's book suggests actually predated the ancient Egyptians.

Although Hancock's theories of a lost civilization were dismissed by experts (he's been referred to as both a pseudoscientist and a "Pyramidiot"), readers didn't care — and neither did he. The book sold more than 7 million copies worldwide, and turned Hancock into an icon of the "alternative history" movement. He has now returned with more evidence to back up his first book with its sequel, *Magicians of the Gods*.

Hancock still has his fair share of naysayers, but it's a new generation of younger fans who showed up at his recent sold-out 22-stop tour across the U.S. and Canada. His message is appealing to younger, social-media-savvy readers, many of who are cynical about old-school power structures in the aftermath of whistleblowers such as Julian Assange and Edward Snowden.

"There is a deep distrust of authority now. It's grounded; it's not a conspiracy theory. We know that we've been lied to quite often, for example, about the Iraq War. I think those lies have devalued the currency of authority," says Hancock, who describes *Magicians of the Gods* as a fundamentally rebellious book. "It's not enough for an archaeologist to say any-

more, 'Look, I know this is how things are.' It turns people off now. They'd rather see people engage with the ideas."

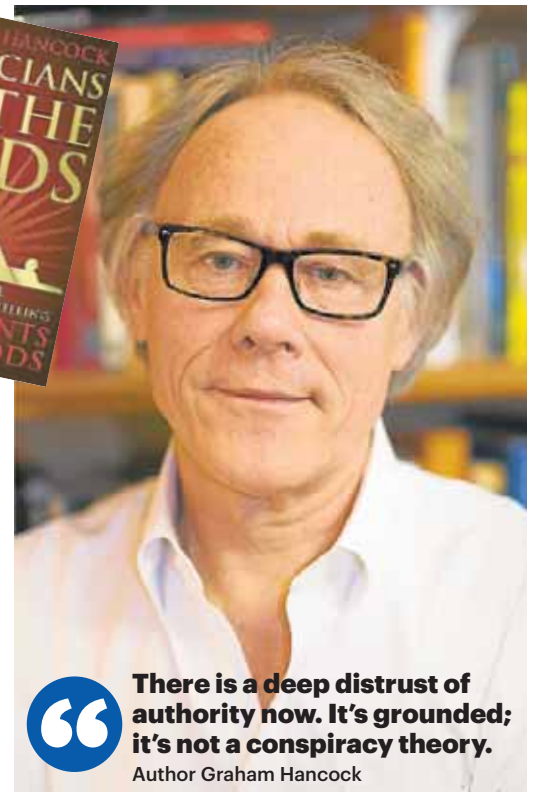
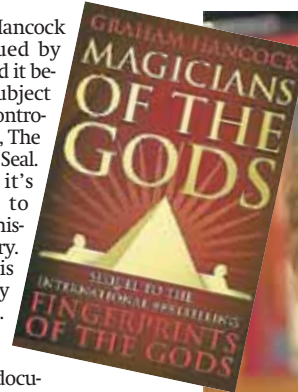
As Hancock was writing his first book, he says he couldn't "point out that smoking gun," but that within the last eight years, mainstream science journals have presented more evidence that prove his theory about the massive extinction. Perhaps the most challenging or troublesome idea in *Magicians of the Gods* is the suggestion that a 20-mile-wide fragment of the original comet is potentially going to hit Earth in 2030 — an event referred to in various cultures as the "Great Return." When asked how we should prepare for such an occasion, Hancock says that as a journalist, it's his role to report the evidence as he uncovers it, not suggest a course of action.

Hancock's background as a reporter is how he was introduced to alternative history in the first place. During the 1970s and '80s, he covered East Africa for the *London Times* and *The Economist*. While in Ethiopia he became intrigued with a story about how the lost covenant of the ark has been hidden in the country for centuries. Although experts debunked

the claim, Hancock was intrigued by the story and it became the subject of his first controversial book, *The Sign and the Seal*.

"I think it's important to realize that history is a story. And that it is often a story told by men. The further back you go, the less documents there are to draw your historical narratives from. The more it becomes a matter of speculation, and putting bits and pieces together," he says. "It's really a suggestion, an interpretation, a construing of data. I don't think it's healthy for this very important data about our past, who we are, and what we're doing here to be entrusted solely in the hands of a very small group of scholars. Twenty years ago it was enough for professor X or Y to say this is impossible, it can't be true. But that doesn't work today."

Sue Carter is the editor at Quill & Quire magazine.



**There is a deep distrust of authority now. It's grounded; it's not a conspiracy theory.**

Author Graham Hancock

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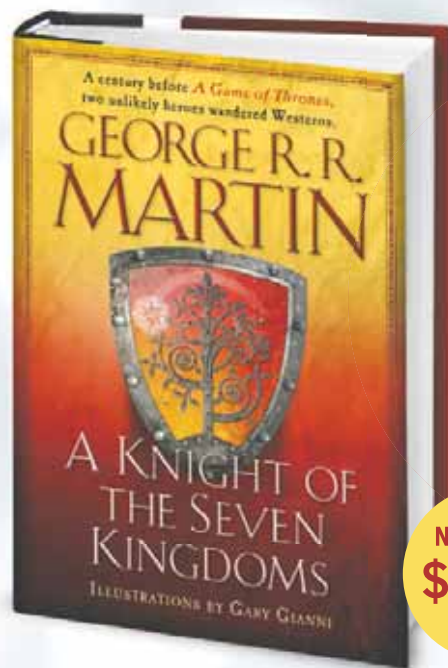
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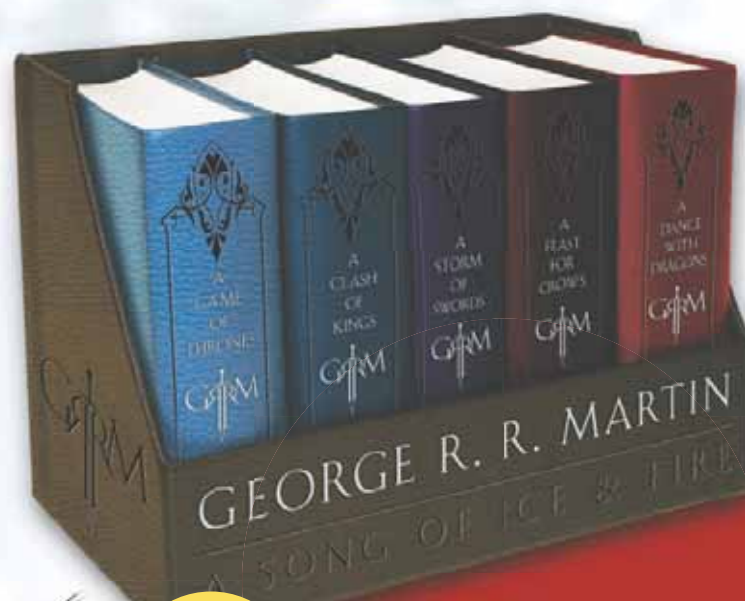
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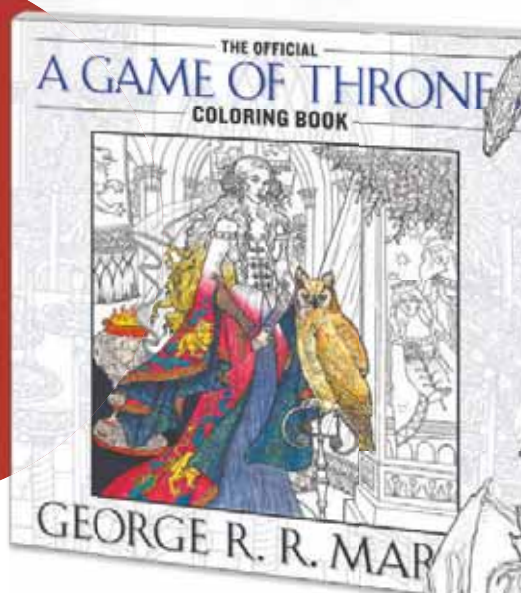
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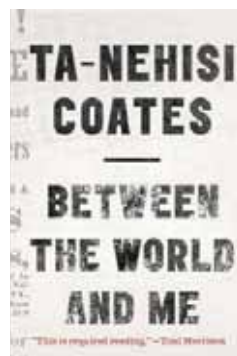


# This year's buzziest books



## 1 Why Not Me? By Mindy Kaling

A follow-up to her 2011 book, *Is Everyone Hanging Out Without Me? (And Other Concerns)*, Mindy Kaling scored herself another instant best-seller with *Why Not Me?* Similar in style to her first book, *Why Not Me?* is a collection of laugh-out-loud essays with heart, ranging from stories about work, romance and body acceptance. Her next book will be co-authored with her ex-boyfriend-turned-friend B.J. Novak, and the two reportedly are raking in \$7.5 million for it.



## 2 Between the World and Me by Ta-Nehisi Coates

Toni Morrison called Ta-Nehisi Coates' tome *Between the World and Me* required reading, and it's easy to understand why. Coates asks big, thought-provoking questions about race in America, framing it as a letter to his teenage son. In it, he attempts to explain the ugly truths about the country's racial divide, from the Civil War to present day tensions.



## 3 The Girl on the Train by Paula Hawkins

*The Girl on the Train* was lauded as "the next *Gone Girl*" by a slew of critics. It's an emotional thriller about a woman who sees the same couple on her commute to and from work each day. She builds a fictional story about them in her mind, but things get complicated when she actually befriends them. An alcoholic, she makes for an unreliable narrator, which just makes things more interesting.



## 4 Go Set a Watchman by Harper Lee

A frenzy erupted when it was announced that *To Kill a Mockingbird* author Harper Lee would release a new novel, her first in decades. Was she forced into it? Did she need the money? Was she of sound mind? The controversy aside, the novel, sold over 1 million copies in one week and over 3 million after a month, making it the best-selling book in HarperCollins' history.



## 5 Modern Romance by Aziz Ansari

The Parks and Rec star is killing it with his Netflix show *Masters of None*, but his first book, *Modern Romance*, isn't doing too shabby either: It became a best-seller immediately after its release and was praised by critics as well as fans. Similar in voice to his stand-up, Ansari shares his personal stories about dating, while asking deeper questions such as what is love? And, do soulmates actually exist?

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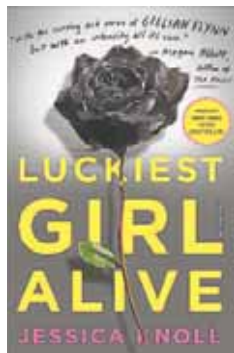
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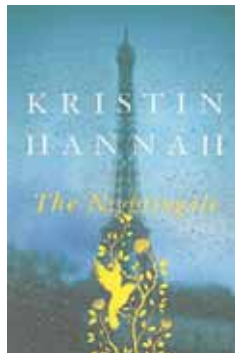


Whether your New Year's resolution is to join a book club or you're looking to make your commute more enjoyable, this 2015 list takes into account buzz, critic reviews and copies sold. **EMILY LAURENCE/METRO NEW YORK**



## 6 Luckiest Girl Alive by Jessica Knoll

Reese Witherspoon loved this young adult novel so much that her production company quickly snapped up the rights. Full of shocking plot twists, it's about a woman who seems to have it all, but there is something about her past that haunts her. The mystery stems from her teen years, when she was a misfit at a fancy private school. The book shocks all the way to the last page.



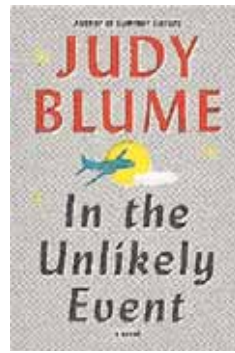
## 7 The Nightingale by Kristin Hannah

Taking into account reader reviews from Goodreads and Amazon, virtually everyone who reads *The Nightingale* loves it. The book centers on an elderly woman thinking about her past, specifically what it was like to be a woman in France during World War II. The book shows the hardships of being a woman during wartime, something that isn't often talked about.



## 8 Spinster by Kate Bolick

In the memoir that spawned dozens of think-pieces, *The Atlantic* editor Kate Bolick writes about her decision to actively choose the single life. Bolick's book also gives a history of what it was like to be an unattached woman in eras past. *Spinster* sparked a fresh debate about what it means to have it all, and raised some unexpected points.



## 9 In the Unlikely Event by Judy Blume

Judy Blume is widely celebrated as a young adult novelist, but her latest release — her first since 1998 — proved she has something to offer adults, too. Based loosely on the true events of a series of plane crashes that occurred between 1951 and 1952, the novel is an intergenerational family drama.

### STOCKING STUFFER

## A colouring book to Trump them all

There aren't many people more polarizing than Donald Trump.

His supporters show their love with pride and his haters are equally as vocal. Now there's a Donald Trump coloring book that will let you express however you feel toward the presidential candidate.

The Trump Coloring Book hits the shelves on Dec. 15.

Think he's a superhero? Color his costume red and blue, like a true American hero.

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# Big Bang's big lead up

With Sheldon and Amy about to have sex on the long-running sitcom, here's a look back at key moments in their relationship. Beware: spoilers ahead. **TORSTAR NEWS SERVICE**



ALL PHOTOS: TORSTAR NEWS SERVICE/ISTOCK/CONTRIBUTED

## MIDSEASON FINALE

### The Opening Night Excitation

For nine seasons, the sexuality of Sheldon Cooper (Jim Parsons) on The Big Bang Theory has been a rich source of speculation. Essays devoted to his asexuality, sexual orientation and overall social survival skills have graced publications big and small, sending viewers into a frenzy when the character finally settled into a relationship with Amy Farrah Fowler (Mayim Bialik). Still, the couple could barely hold hands in public, let alone make out or get physical between the sheets. Until now, that is. On Thursday's midseason finale (8 p.m. on CTV and CBS), The Opening Night Excitation, Sheldon decides to skip the opening night of Star Wars to spend Amy's birthday with her now that they're back together. His gift? Finally giving in to coitus. "Believe it or not they have been dating on and off for five-and-a-half years now, and that was enough time for Amy to wait," showrunner Steven Molaro told Torstar News Service. "It just seemed like the perfect culmination of their breakup story arc, especially with the upcoming release of Star Wars." Helping the narrative along is Bob Newhart, who reprises his award-winning role as Professor Proton. He'll appear in a dream sequence to give Sheldon some much-needed advice. "This will bring them closer than they've ever been," said Molaro. "This breakup was good for them both as individuals and for the relationship as well." Speaking of the relationship, Molaro was able to lend an insider's perspective to some of the biggest Sheldon and Amy moments on The Big Bang Theory, and what they mean now that the couple has officially "hooked up."



## SEASON 7, EPISODE 15,

### The first (real) kiss

Sheldon may have first kissed Amy to prove a point, but 11 seconds later it became clear that he liked it a lot more than he thought he would. Turns out even a man who aspired to be as emotionless as Spock can get weak in the knees. "We love these characters and they're real to us," Molaro says. "I remember when we were writing that kiss on the train, we weren't fighting in the writers' room, but there was a tension and a heat to our debating how it should play out."



## SEASON 8, EPISODE 8

### The first "I love you"

Sheldon may have been freaked out by the expectations of a prom, but he had no qualms about how he felt toward Amy. When she couldn't spit out the words "I love you," he went first with a sweet little, "I love you, too." "There was definitely some heated discussion about how exactly it should go down, but when we landed on the thought that Amy was struggling to get the words out, and that their first I love you was actually an I love you too, that seemed really interesting and appealing to us," Molaro says.



## SEASON 4, EPISODE 20

### The sex rumour

Before Thursday night, the closest Amy and Sheldon got to being intimate was when they decided to put a gossip theory to the test: by spreading the rumour that they had sex. "When Penny (Kaley Cuoco) tells Koothrappali (Kunal Nayyar) that Sheldon and Amy were going to be intimate, Koothrappali said, 'Shut your ass.' . . . We were talking about how funny that was to us, and if there was a version of that that we could capture for when Penny and Bernadette (Melissa Rauch) tell Amy what they know about Sheldon's birthday present."

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GOSSIP BRIEFS

### Lupita Nyong'o's clueless Star Wars audition

Hollywood can keep you busy, especially after you've won an Oscar for your film debut.

That might explain why Lupita Nyong'o didn't quite connect the dots when she had a meeting with J.J. Abrams a couple of years ago.

"I didn't really know what

I was auditioning for," said Nyong'o, who plays the alien Maz Kanata in The Force Awakens, the latest Star Wars film. "I guess I thought I should find work,



you know? I was so busy, I was working with adrenaline, so I went in and out. I barely remember that audition, and then two months later (Abrams) called me."

So what did this mystery audition entail, exactly?

"I remember crouching around and using my hands as a gun." Sounds... fun?

NED EHRBAR/METRO HOLLYWOOD

### Lamar Odom is 'not doing great'

Not to bum you out too much so close to the holidays, but here's an update on convalescing brothel-patronizing Lamar Odom.

"He's not doing great," a source tells Entertainment Tonight. "His speech is still slurred and he can barely walk on his own yet. He forgets a lot of people's names — sometimes even his own. He definitely has some

memory loss."

Those close to the former NBA star are still hoping for him to be "mentally fully recovered" in a year and a half's time, but the progress is frustratingly slow. Khloe Kardashian, for her part, posted a video to her



website recently expressing her hopes for the future.

"Lord knows I've had stress and anxiety lately," she said. "This year has been absolutely horrible, but it's almost done. I'm just praying that 2016 will be better. It has to be."

NED EHRBAR/METRO HOLLYWOOD

THE VOICE

## Road getting rocky for Blake and Gwen

I'm sure it's just a total, complete coincidence that just after the latest season of The Voice ends, we get our first report of trouble in the romance between co-coaches Gwen Stefani and Blake Shelton.

Not suspicious at all, this.

So the duo, both recently divorced and involved in a "romance" that's been played up for the cameras during the most recent season of The Voice, are said to be hitting a rough patch after a backstage incident in which Shelton left his phone behind in the makeup room and Stefani witnessed a text message come in from his ex-wife, Miranda Lambert, according to In Touch.

"Gwen saw it and lost it. She found Blake and asked to speak to him privately, but he said he couldn't right then and there. She had tears

running down her face and went and locked herself in her dressing room," a source says.

"Gwen has seen texts between Blake and Miranda. She's really a mess over this."

Is she, though?

Or is this all part of the predetermined plan? When did I become so cynical?

NED EHRBAR/METRO HOLLYWOOD



# The Weeknd in hot water with Bella Hadid

PARTY SCENE

## The Canadian was reportedly spotted getting cozy with fans

Ned Ehrbar  
Metro | Hollywood



When will people learn that parties are not the best places to misbehave? You know, because other people can see you?

Singer The Weeknd apparently didn't realize this when he decided to get with a pair of eager young fans at a private party celebrating the release of his new album — a party from which 19-year-old model girlfriend (as in she's a model and his girlfriend, not a model girlfriend,) Bella Hadid was conspicuously absent.

"He went to an after-party at a private house in L.A.," a source tells Life & Style, where he hit it off with a blonde and



The Weeknd's girlfriend, model Bella Hadid, was not present at a steamy L.A. party. GETTY IMAGES

a brunette.

"He was making out with both of them, going back and forth. Then they disappeared

into a bedroom together."

But it's totally cool, I'm sure he just wanted to explain to them in private how much he

loves his girlfriend.

Now, maybe I'm a little out of touch, but what's a Weeknd?

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# Sparkle and shine for the holidays

## SEASONAL DECOR

### Ideas and items to add effervescence to your home

Even if you practise restraint in your everyday home decor, you might be inclined toward a bit of sizzle and sparkle when the holidays roll around.

The season is a great excuse to let your festive flag fly, so to speak, and few things say “festive” like decor that’s got some glitz, glitter or gilding. Below are some resources to get things shimmering (Note: The stores with no Canadian locations do ship to Canada):

#### Spray it

“My go-to holiday look each season? Winter wonderland meets glamour,” says New York designer Genevieve Gorder.

She uses metallic and glittery spray paint to add personalized flair. If you’re on a budget or are fairly crafty, this is a good option. Jazz up stuff you already have like terra cotta pots, tea light holders, candlesticks, picture frames and serving trays. Valspar has a line of paints that stick to most materials, and come in both opaque and translucent finishes. (valspar.com)

#### Glitter 101

If you gather bare branches on a walk or buy some from a garden centre, find instructions for glittering them up at momtastic.com. After painting them, spray with adhesive, and then dip them in both glitter and clear crystalline sprinkles. The sprinkles add an icy extra touch.

If you’re tight on work space (glittering is a messy business), consider glitter in a tube. Jo-Ann craft stores have Stickles, glitter glue that comes in a bunch of colours and is easy to dab or swab. (joann.com)

#### Around the home

Making a tabletop holiday village is easy and inexpensive. Got some plastic toy animals lying around? Give them a coat of metallic paint. A stack of newspapers or old magazines? Transform them with a few folds into trees, and spray them with glitter paint.

You can build a few houses out of chipboard, paint and powdered glitter, and create your tableau; it’s a fun project to do with kids or friends. Martha Stewart has instructions at marthastewart.com.

#### Non-traditional

For those looking to decorate outside the traditional red/green or blue/white realm, Target has a collection of glittery faux bottlebrush trees in colours like copper, orchid, turquoise, purple and mocha. Seasonal greetings stencilled in metallic sequins bring sparkle to the sofa on throw pillows. (target.com)

Dress the base of the Christmas tree with an organza skirt dusted with glitter from Kohl’s. Or Zazzle has a snazzy one in shimmery lemon yellow. (kohls.com; zazzle.ca)

#### At the table

You can set the holiday table with subtle shine using Sandy Chilewich’s brass or silver Drift placemats, which have an angular, geometric design inspired by woodblock prints. Add a few slim white, copper or silver glass trees from CB2 for a tablescape that’s minimalist yet merry. (chilewich.com; cb2.com)

#### Outdoors

Bring the bling outdoors, too, with large-scale decorations. Wayfair has a set of sparkly, lighted gift boxes. Frontgate’s gold, silver or red ornaments come with fibre-optic and LED lights. (wayfair.com; frontgate.com)

THE ASSOCIATED PRESS

Embellish items you may have around the house, like trays and votive holders and picture frames, with glitter and metallic spray paint. VALSPAR VIA THE ASSOCIATED PRESS

## + A POP OF PERSONALITY

#### Cold and critters

Z Gallerie offers boxes of gold or silver acrylic “ice gems” that look like ice cubes. In a clear vase, they’d be a great base for white painted branches or greenery. Or scatter them along a faux fur runner with some tiny twinkle lights. The retailer also has a series of silver-plated ceramic penguins, and sexy starburst ornaments with a retro vibe. (zgallerie.com)

#### Round and jolly

Paper poinsettia balls from Joss and Main in a dramatic midnight hue and edged in golden glitter bring baroque élan to the mantel. Filigree-wrapped balls and mini tiara ornaments add royal style. (jossandmain.com)

Ball ornaments banded in glittering filigree are a chic and elegant addition to the tree. Far left: A Baroque paper poinsettia ball ornament in a midnight hue, trimmed with gold glitter, adds drama.

JOSS AND MAIN VIA THE ASSOCIATED PRESS



Silver-plated ceramic penguins add a dash of chic swagger to holiday decor. Z GALLERIE VIA THE ASSOCIATED PRESS



# A sleigh full of comfort, health

Sometimes it's the little things that add joy to our homes, whether it's creating a good night's sleep or comfort underfoot. Here's a few practical gifts that will make the recipient feel great all year long.

**Karl Lohnes**  
For Metro Canada



**1 HoMedics Deep Sound Machine**  
Drown out street noise and late-night commotion from the neighbours. \$115, BedBathAndBeyond.ca

**2 Ella Comfort Recliner**  
Put your feet up in style for improved circulation and a better-looking living room. From \$4,000, CasaLife.com

**3 Linen Granite Grey Mat**  
Pure comfort under the chef's feet. \$120, GelPro.com

**4 Illuminage Pillowcase With Copper Oxide**  
You could look younger in just a few months by sleeping on these pillowcases. \$75, Sephora.com

**5 Go Sport Blender**  
Looks good, takes up little counter space. \$40, HamiltonBeach.ca

**6 Lavender Vanilla Aromatherapy Pillow Mist**  
An all-natural way to help you fall asleep. \$10, BathAndBodyWorks.com

**7 Moen Engage 6-Spray WaterSense Hand Shower**  
An easy hook-up to an existing spout means turning an ordinary shower into a space experience. \$75, Lowes.ca

**8 Withings Smart Body Analyzer**  
Track more than just the holiday shortbread cookies you've eaten. \$150, iStoreWorld.com

## REGIFTING? NO WAY! FOUR GIFTS THAT ARE KEEPERS

Today is National Regifting Day. Want to give something special that won't be passed from friend to friend? Here's a roundup of stylish gifts sure to stay near and dear to the recipient. **KARL LOHNES** FOR METRO

**1 Decorative Red Cross Hot-Water Bottle**  
It's hot and looks great in a tight turtleneck — a keeper for sure! \$15, Simons.ca

**2 Philips Sonicare DiamondClean, Black**  
Add high design and technology to his or her bathroom. The cup is also the charger, and the set includes a travel pack charger that plugs into the laptop. \$229, Walmart.ca

**3 Cire Trudon's Nazareth Candle**  
The finest candle in the world will help keep the memories of Christmas alive well after the holidays. \$125, Avenue-Road.com

**4 15x Magnifying LED Lighted Mirror with Suction Cups**  
Once you see your beauty magnified like this you'll never glance in a regular mirror again. \$27, BedBathAndBeyond.ca





P.K. Subban weighed in on Pee-Kay vs. Pay-Kah: "Since we're changing the pronunciation of my name, just start calling me Denzel."

# A well-Oiled machine

## THE HOCKEY NEWS

**Ryan Kennedy**

The Edmonton Oilers are one of the hottest teams in the NHL right now.

In a truly stunning turn of events, the Oilers spun off six straight wins against some pretty good squads such as the New York Rangers and Dallas Stars before losing to the Rangers on Tuesday. If one thing has become clear about this NHL season, it's that anything really can happen.

Edmonton is now doing better with Connor McDavid out of the lineup than it was with the super rookie in, while another freshman, Jujhar Khaira, seems to be a magical talisman — they've lost only two games with the bruising youngster patrolling the wing.

Most importantly for the psyche of the Oilers is that they are currently fighting for a playoff position. Yes, in what used to be a murderous conference, the West is all of a sudden up for grabs. Dallas, Chicago, St. Louis and Los Angeles look dangerous, but every other team has flaws. If the season ended today, the Anaheim Ducks — a team thought to be a favourite to win the Stanley Cup this year — would finish at the bottom of the conference.

But, teams are so close in the standings (Edmonton was in the basement not too long



The Oilers' Taylor Hall levels Sam Reinhart of the Sabres on Dec. 6 at Rexall Place. JASON FRANSON/THE CANADIAN PRESS

ago) that these days are crucial for the Oilers. Coach Todd McLellan said that it felt like playoff hockey when the Oilers squeezed out an overtime victory against Boston the other night and that's something this core does not have much experience in.

But winning those games is great for players such as Taylor Hall, who is now one of

# 9

**Taylor Hall racked up nine points** — five goals and four assists — during the Oilers' six-game winning streak. He was also the league's second star last week.

the top scorers in the league and one of the hottest — he has nine points in his past five games. This is a player who craves these times. Hall wasn't used to losing when he came to the Oilers; his Ontario Hockey League Windsor Spitfires won back-to-back Memorial Cups, after all.

Coach McLellan has been to the Stanley Cup playoffs.

True, if he had more success there he would still be behind the bench in San Jose, but lessons are learned with every entry. If McLellan can keep Hall and the Oilers on track, anything is actually possible right now. It may look nutty if Edmonton plays the Arizona Coyotes in the first round of the playoffs, but that's why they play the games, right?

## NHL IN BRIEF

### Pens draw blanks vs. B's

Tuukka Rask stopped 34 shots for his fourth shut-out, Jimmy Hayes ended a 15-game goal-scoring drought and the Boston Bruins beat Pittsburgh 3-0 Wednesday night, keeping new Penguins coach Mike Sullivan winless after his first two games.

Max Talbot and Ryan Spooner also scored to help the Bruins improve to 9-1-3 in their last 13 games. Rask got his 30th career shutout and is 7-0-2 in his last nine starts.

Pittsburgh backup goalie Jeff Zatkoff had 26 saves as the Penguins lost for the seventh time in nine games (2-4-3).

Sullivan replaced fired coach Mike Johnston on Saturday.

THE ASSOCIATED PRESS

### Holtby-led Caps beat Sens

Braden Holtby made 26 saves to help the Washington Capitals beat the Ottawa Senators 2-1 on Wednesday night.

Holtby lowered his NHL-best goals-against average to 1.83 and improved to 20-4-1. He has allowed three goals in his last three games, making 35 saves in a 2-1 victory at Tampa Bay on Saturday night and 44 in a 4-1 victory over Pittsburgh on Monday night.

Michael Latta opened the scoring in the first period and set up John Carlson's second-period goal. Bobby Ryan scored for Ottawa. THE ASSOCIATED PRESS

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2016 RX



# Hudec out for season

## SKIING

## Calgary star rules out return until injury is rehabilitated

Jan Hudec's ski racing season is over before it began.

The Olympic bronze medalist in super-G in 2014 needs to treat and rehabilitate his problematic right knee.

Hudec had surgery in January on a torn meniscus that sidelined him last season. He returned to the Canada's alpine ski team for this season, but the 34-year-old Calgarian had a setback while training in Alberta in November. Hudec withdrew from the season-opening downhill World Cup in Lake Louise, Alta.

He pushed out of the start hut in the super-G there, but didn't finish the race.

Hudec expects to undergo knee surgery again next month, which will be the eighth time on his right knee. He intends to return for the 2016-17 season.

"After coming back from surgery in late January 2015, I felt great leading up to the first races of the 2015-16 season," Hudec said Wednesday in a statement from Alpine Canada.

"After a minor injury just days before the World Cup in Lake Louise, I had to re-evaluate my commitment to ski racing and my future as a competitor.



Jan Hudec was the first Canadian in 20 years to win an alpine skiing medal. DON EMMERT/AFP/GETTY IMAGES

“

**It will give me a chance to get my knee repaired.**

Jan Hudec on his injury break

"After several meetings with ACA staff, trainers and the medical team, I have decided to sit this season out. It

will give me a chance to get my knee repaired."

When he tied with American Bode Miller for super-G bronze at the 2014 Winter Games, Hudec was the first Canadian in 20 years to win an alpine ski medal. Hudec also won silver in men's downhill at the 2007 world championship.

Hudec is the second high-profile skier the men's alpine

team has lost to a knee injury this season.

Ottawa's Dustin Cook, who won super-G silver at this year's world championship, tore ligaments in his right knee while training in October. He also underwent season-ending knee surgery. The men's team is currently in Val Gardena, Italy, preparing for Friday's super-G and Saturday's downhill. THE CANADIAN PRESS

## CFL

## Eskimos' coaching staff follow Jones

Saskatchewan Roughriders general manager and head coach and former Edmonton Eskimos coach Chris Jones rounded out his coaching staff Wednesday.

Stephen McAadoo was named offensive co-ordinator and assistant head coach. Craig Dickenson will serve as special teams co-ordinator and Jarious Jackson was named quarterback coach, the CFL team said in a release.

Other additions included Mike Scheper (offensive line coach), Phillip Lolley (linebackers coach), Jason Shivers (defensive backs coach), Ed Phillion (defensive line coach) and Craig Davoren (running backs coach and special teams assistant).

All eight coaches worked with Jones this past season in Edmonton. The Eskimos defeated the Ottawa Redblacks in the Grey Cup last month in Winnipeg.

The moves came a day after the Roughriders cut 19 players, including longtime players Tyron Brackenridge, Anthony Allen, Macho Harris and Terrell Maze. Saskatchewan finished with a 3-15 record last season.

### **+** HOLD ON MOVES

The Canadian Football League placed a moratorium on the movement of coaches between teams on Wednesday after reports that Montreal Alouettes defensive co-ordinator Noel Thorpe agreed to join the Edmonton Eskimos.

First-year commissioner Jeffrey Orridge sent a memo to CFL team presidents and general managers saying any movement of a coach already under contract will need the league's approval.

THE CANADIAN PRESS

The team also made a couple of front-office moves Tuesday. John Murphy was named assistant vice-president of football operations and player personnel and former interim GM Jeremy O'Day was given the assistant vice-president of football operations and administration title. THE CANADIAN PRESS

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## MLB

## 7-player swap deal sends Frazier to Chicago



Cincinnati Reds' all-star third baseman Todd Frazier is 'excited about the move to the White Sox. JARED WICKERHAM/GETTY IMAGES

The White Sox were looking to add some pop while solidifying third base, and they are counting on Todd Frazier to provide it.

The all-star third baseman was acquired from the Cincinnati Reds on Wednesday as part of a three-team, seven-player trade that also included the Los Angeles Dodgers. Los Angeles received second baseman Micah Johnson, right-hander Frankie Montas and outfielder Trayce Thompson from the White Sox, and Cincinnati

got infielders Brandon Dixon and Jose Peraza and outfielder Scott Schebler from the Dodgers.

The 29-year-old Frazier, who won last summer's all-star Home Run Derby in Cincinnati, was an NL All-Star in each of the last two seasons and hit .255 this year with 43 doubles, 35 homers and 89 RBIs. "I'm pretty excited," Frazier said. "I just saw the lineup on TV. It kinda put a smile on my face to see the guys we've got."

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## RECIPE French Onion Soup



PHOTO: MANA VISNTEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

You won't believe you made your favourite pub food and, better yet, you decide how high to croutons get piled.

### Ready in

Prep time: 10 minutes

Cook time: 30 minutes

### Serves 4

### Ingredients

- 2 onions, thinly sliced
- 1 clove of garlic, minced
- 2 Tbsp butter
- 2 tsp sugar
- 1 Tbsp fresh thyme
- Salt and pepper to taste
- 1 Tbsp flour
- 1 Tbsp balsamic vinegar
- 4 cups beef stock
- Half a stick of baguette
- 1 cup grated Gruyère and Parmesan mixed

### Directions

**1.** In a Dutch oven, melt butter and toss onion slices, garlic, sugar, thyme and pinch of salt and pepper. Cook over medium low heat for 15 to 20 minutes, stirring frequently, until onions soften.

**2.** Sprinkle the flour over the onion mixture and stir. Add the vinegar and a cup of stock. Stir well, scraping the bottom of the pot to deglaze. Add the rest of the stock and simmer for 10 minutes.

**3.** Turn your oven onto broil. Cut bread into 1-inch thick slices. Cut as many slices as bowls of soup you'll be serving. Lay them on a cookie sheet and now put a layer of the cheese mix on each piece. Broil in the oven until cheese melts and bread is golden brown.

**4.** Remove bread from oven and cut into pieces. Ladle the soup into bowls and top with a slice of bread's worth of croutons.

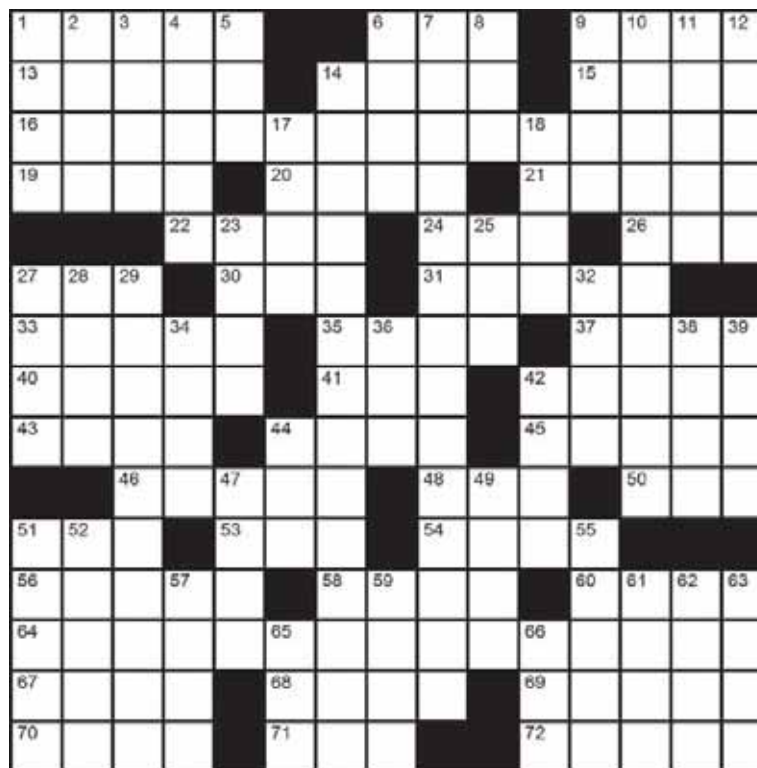
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- Thomas Augustine \_\_: "Rule, Britannia" composer
- Louisbourg... Does this in the 18th century on Cape Breton Island: 3 wds.
- Buy and \_\_, as stock
- Jam in
- Disconcerted
- Concrete chunk
- Use up
- Tiny tallnesses
- "20/20" network
- \_\_ \_\_ hurry (Rushed)
- Folklore fellow Tom
- Writer's ache
- Uncommon, to Caesar
- Blunders
- 6:30 a.m. and 4:00 p.m.
- Jackie O's hubby
- Blood, \_\_ & Tears
- Greek portico
- International oil gr.
- As per #14-Down... "Peyton \_\_" (Primetime soap of the 1960s)
- Extreme
- Prior
- Nature's morning coat
- Ship-shaped table-



- ware ornament
- Poetic preposition
- Towel holders
- "Over the Rainbow" co-composer Harold
- Make a scarf
- Nile wader
- Newfoundland

- pudding Figgy Duff or Quebec meat pie Tourtière, for example: 2 wds.
- Forum outfit
- Take \_\_ the waist, as alterations: 2 wds.
- "Home \_\_" (1990)
- Original space

- matter
- Grey hue
- Outdoors

### DOWN

- Cries
- Sister on "Charmed"
- Indigo
- As per #14-

- Down... "Valley of the \_\_" (1967)
- Plane's take-off info
- \_\_ Romeo (Sports car)
- Pom-pommed winterwear item in the Hudson's Bay Company Collection,

- Wool \_\_ Tuque
- Their-not
- Wild West's Wyatt
- Its aroma draws customers into the bakery each day: 2 wds.
- Beginning
- Breaks
- Vancouver-born actress who starred on the show at #45-Across and in the movie at #4-Down: 2 wds.
- Skim
- Ballet skirt
- Gloss-placing spots
- "Gotchal"
- Pretends
- England denizen, e.g.
- Soldier's disguise
- Kitten's whimper
- Recipe result
- 'Hect' ending
- Sprint
- Brood
- Accelerated
- Portland's state, briefly
- Ms. Collette
- Oscar-winning composer Nino
- Dapper
- Mr. Flynn
- Sashay
- Cheese type
- Old Testament sailor
- Life stories, briefly
- Fails to be
- Tal Bachman's "So High"
- Ms. Carrere
- Sci. spot

## ★ IT'S ALL IN THE STARS by Sally Brompton

### ♈ Aries March 21 - April 20

In your rush to get ahead of the game you may take on too much. You sometimes have the strength to do two or even three jobs at once but if you do too much now you may regret it later on. Slow down.

♉ **Taurus** April 21 - May 21  
If you stick your nose in other people's business you may regret it. Think how you would feel if others were to involve themselves in your private affairs without being invited.

♊ **Gemini** May 22 - June 21  
Is family more important than work? That's the question you need to answer today. Eventually you'll find a stable balance between your home life and your more worldly ambitions.

♋ **Cancer** June 22 - July 23  
Keep opinions to yourself. There's no point trying to persuade others to see things your way — they can't, it is beyond them. Go your own way. You don't need public support.

♌ **Leo** July 24 - Aug. 23  
Keep your options open and listen to advice from people with expertise. You may not like to admit that others know best but in some areas they do and you should be big enough to acknowledge that fact.

♍ **Virgo** Aug. 24 - Sept. 23  
You'll wish you were some place else today. But no matter how difficult the situation you have to face you'll conquer it before the day is over. You're tougher than you realize Virgo!

♎ **Libra** Sept. 24 - Oct. 23  
If your energy takes a nose-dive then stop what you're doing and take a break. Each hour you push yourself beyond your limits will take at least a day to recover. Be kind to yourself.

♏ **Scorpio** Oct. 24 - Nov. 22  
You can't seem to shake off the feeling that something bad is going to happen. Most likely it's all in your head but steer clear of situations you can't fully control. Just in case.

♐ **Sagittarius** Nov. 23 - Dec. 21  
Material and professional success is not the most important thing in your life. What matters most now is that you take the opportunity to improve your domestic situation. Work can wait but loved ones cannot.

♑ **Capricorn** Dec. 22 - Jan. 20  
You may find it hard to get started today but once you do you'll amaze everyone by how quickly you get through your workload. Start early and the evening should be free for more enjoyable activities.

♒ **Aquarius** Jan. 21 - Feb. 19  
Resist the urge to point out other people's faults and failings. And don't cut corners or do anything underhand — or it could be your faults and failings that are made public.

♓ **Pisces** Feb. 20 - March 20  
It's likely you will clash with someone in a position of authority. Stand your ground and refuse to be intimidated but also be ready to meet them halfway if they suggest a compromise.

### CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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